

How to Complete the Your Symptoms Matter or the Your Symptoms Matter: Prostate Cancer Questionnaire

Complete the Your Symptoms Matter or the Your Symptoms Matter: Prostate Cancer questionnaire **before every appointment with a doctor at the cancer centre**. Do not complete it more than 24 hours before your appointment.

Complete it:

- As part of eCheck-in on your MyChart account or
- At one of the check-in computers in the cancer centre when you come for your appointment.

Answer the questions based on how you feel at the time you complete the questionnaire. The Your Symptoms Matter: Prostate Cancer questionnaire only appears if you are receiving specific treatments for prostate cancer.

You are also asked to complete a Communicable Disease questionnaire at the time of check in. The Communicable Disease questionnaire asks you about symptoms of a flu, cold, COVID or any other virus. These symptoms are not related to your cancer or cancer treatment.

What is the Your Symptoms Matter questionnaire?

You are asked to rate 12 common cancer related symptoms on a scale of 0 to 10. “0” means the symptom is not a problem for you and “10” means the symptom is a big problem. These are the symptoms you are asked to rate:

- Pain
- Tiredness (lack of energy)
- Drowsiness (feeling sleepy)
- Nausea
- Appetite (0 means you have a good appetite and 10 means you have no appetite)
- Shortness of breath
- Depression (feeling sad)
- Anxiety (feeling worried)
- Wellbeing (overall how do you feel)
- Sleep
- Constipation
- Diarrhea

You are also asked to rate your activity level in the last month.

What is the Your Symptoms Matter: Prostate Cancer Questionnaire?

You will be asked about the cancer related symptoms you have at the time you complete the questionnaire. The questionnaire has 17 questions. It will take you less than 5 minutes to complete it.

This questionnaire asks about:

- Dribbling of your urine
- Urinating (or peeing) often
- Feelings of 'burning' when you urinate
- Bowel movements that cause you pain
- Firmness of your erections
- Hormonal symptoms such as hot flashes or breast tenderness

You are also asked to rate your activity level in the last month.

What happens after you complete the Your Symptoms Matter or the Your Symptoms Matter: Prostate Cancer questionnaire

After you complete the questionnaire, your doctor and nurse will:

- Review your symptom scores before they see you
- Understand the symptoms that are a problem for you
- Talk to you about your symptoms and how to manage them

These questions are for you to answer though someone may help you complete the questionnaire. It is how you feel, not how others think you feel.

Talk to your healthcare team about any symptom that is a problem for you!

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in April of 2025.